

Free Help to Quit Tobacco Use

FREE Classes!

In Ada, Boise,
Elmore and Valley
counties.

Call Central District
Health Department
(208) 375-5211

For a class location
nearest to you.

Classes are **FREE** to Idaho residents. This program is offered on an ongoing basis. Please call for the next class dates in your area and to reserve your space now.



*4 weeks of
your choice of nicotine
patches, gum, or lozenges
for Tobacco users who
register at:*

***Call 1-800-Quit-Now
or log on to
www.quitnow.net/idaho***

